

Please find below, Utah State Parks and Recreation news for January 5:

FOR IMMEDIATE RELEASE

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stateparks.utah.gov

- Helmets, Safety, and Education are Topics of Snowmobile Safety Week
- Do the Cisco Disco at Bear Lake State Park
- Upcoming Utah State Parks Events

**HELMETS, SAFETY, AND EDUCATION ARE TOPICS OF
SNOWMOBILE SAFETY WEEK**

Salt Lake City – During Utah Snowmobile Safety Week, January 10 through 16, and throughout Utah’s snowmobile season, the Utah State Parks and Recreation Snowmobile Program is stressing helmets, safety and education.

“Thousands of Utahns are heading to the mountains,” said Off-Highway Vehicle (OHV) Education Specialist Ann Evans. “We want everyone to ride safely and know the laws and rules before they go. Be educated and be prepared.”

Utah law requires youth eight to 15 to complete the Utah State Parks Know Before You Go! online snowmobile education course before operating on public lands, roads or trails. Anyone 16 or older must have a valid Utah driver’s license or a safety certificate to operate snowmobiles on public land. It is illegal for any child under age eight to operate an OHV on public land. The course is \$30 and is accessible through stateparks.utah.gov.

All youth under age 18 are required by law to wear a properly fitted and fastened helmet. Utah State Parks strongly recommends that all riders wear helmets, especially parents who set an example for children and other riders.

In addition to helmets and education, Evans offers the following safety tips:

- Never ride alone. Always ride with a companion and let others know your plan.
- Watch your fuel supply carefully.
- Check weather reports and avalanche advisories. Be prepared by wearing an avalanche beacon and carrying a shovel and probe.
- Dress for changing weather conditions. Wear layered clothing to adjust for changing conditions.

- Never drink and drive.

- Always wear an approved helmet designed for motorized use. It's the law for anyone under 18 to wear a helmet at all times. Utah State Parks encourages everyone to wear a helmet.

- Know basic maintenance procedures. Carry spark plugs, drive belts, tool kit and a survival kit which contains a map, compass, flashlight, extra food, extra clothing, sunglasses, first aid kit, pocket knife, waterproof matches, and candles or fire starters.

For more information, call the Utah State Parks OHV Information Center at 1-800-OHV-RIDE (1-800-648-7433).

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DO THE CISCO DISCO AT BEAR LAKE STATE PARK

Garden City – Do the Cisco Disco at Cisco Beach on the east side of Bear Lake Saturday, January 23 from 6 a.m. to 10 a.m. Cisco are small whitefish that make their annual run through Bear Lake. Dip a net into the water and catch your share.

After the Cisco Disco, drive to Garden City on the west side of Bear Lake for a variety of events. At noon, take an icy swim during the Bear Lake Monster Plunge at Bear Lake State Park Marina; from 2 to 4 p.m. visit Garden City Park and participate or cheer athletes in the cross country ski and snowshoe 5K races; or build or view designs at the snow sculpting contest. Enjoy all day ice skating (bring your own skates). Warm cocoa and snacks will be served. For additional information, visit www.bearlakechamber.com, www.bearlake.org or call 800-448-BEAR (2327).

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UPCOMING UTAH STATE PARKS EVENTS

January 16 Wasatch Mountain State Park - Midway
Animals in Winter - Surviving the Silent Predator: Join the park naturalist from 10 a.m. to noon for a snowshoe hike and discussion about how animals survive winter. Winter is hard on wildlife living in the cold and snow. How do animals survive this silent predator? Bring your own snowshoes or borrow a pair from the park. (435) 654-1791

January 16 Wasatch Mountain State Park - Midway
Stars and Snow: Bundle up and join park staff in the visitor center from 5:30 to 7:30 p.m. for an evening learning about the winter night sky. We will spend some time indoors followed by a short snowshoe walk and constellation observation. Snowshoes and hot chocolate provided. Registration is required. (435) 654-1791

January 16 Snow Canyon State Park - Ivins

Cinder Cone Hike: Learn about volcanoes and the volcanic activity responsible for the lava flows in the park. Hike to the top of the Snow Canyon cinder cone at 10 a.m. and enjoy this 1.5-mile, roundtrip hike. (435) 628-2255

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